

Melody Shantala Sacco

* 14.2.1977 Milan

Melody is an Italian **dancer and teacher** integrating artistic, educational and somatic experiences in her research and process as community artist.

She has a background in design and art and took a two years full time training in **Dance-theatre** at the Theatre-Academy Paolo Grassi in Milan (2002).



In 2009 she received a postgraduate certification in **Community Dance** at Laban (London, UK).

Currently she is taking a Somatic Movement training SME in **Body Mind Centering**. Areas of her movement research and training are: Contemporary Dance, Contact Dance, Movement Improvisation, Action Theatre, Thai Yoga massage, meditation (see details below).

Education



As professional dancer she is trained in **Contemporary Technique**: Release, Limon and Graham, with several international teachers (Luciana Melis, Lauren Potter, Rahel Vonmoos, Sonia Rafferty, Canduco).

She is also a passionate **Contact Dancer** and has been practicing for the last 20 years with international teachers like Nita Little, Martin Keogh (US) - Kirsty Simpson, Thomas Kampe, Robert Anderson (UK), Simonetta Alessandri, and Roberto Lun (IT).

In the **Action Theatre** field she worked with Ruth Zaporah (US), Sten Rudstrom (GE), Kate Hilder, John Britten (UK), Al Wonder and the Theatre of the Ordinary, Andrew Morrish (AU).

In the **Movement and Site Specific / Costume** field she worked with Sally Dean, Gaby Agis, Suprpto Suryodarmo, investigating both solo and group performance.

Experience

In the last 10 years she has been working as a dance teacher mainly in England, but also in Italy, Austria and Spain. She has brought dance and body awareness to children from age 6 months to 14 years and adults of all ages and abilities.

Melody worked for several dance companies and organizations (Laban, Green Candle dance, Chisenhale dance, Covo, Art Depot, Crisis, Greenwich dance Agency) and as an independent artist, delivering dance education projects in schools and dance venues across London. More detail about works experiences as dance teacher you can find below.





Green Candle Dance Company, summer 2011-2012

- Six weeks creative dance project for children Y1 with special needs and physical disability.
- Dance assistant for a storytelling and dance project with kids age 4-5.

LABAN, Creekside London, May 2008 to 2011

- Harvest a half term creative movement workshop ending into a performance, for children with different abilities, age 10 to 18.
- Weekly movement classes at Spa secondary school for teenagers with autism.
- Dance-ability Junior classes; creative session for children age 5 to 12 with learning difficulties and /or physical disabilities. Supply position
- Dance teacher for Adult class Contemporary level 2. Supply position.

COVO, Asylum Rd, London, October 2010 to 2011

- Weekly movement classes in Year 6, to support children at risk for the transition to Secondary School.

Chisenhale Dance Space, London, Sep. 2009 to July 2010

- Dance teacher assistant for Saturdays Creative children classes. Parents & Toddlers- Age 5-7, 8-10.

Hawley Infant School Camden London, spring/summer 2011

- Cross curricular creative dance project with Y1 exploring the theme of Growth (human-plants-animals), leading to a final performance sharing.

Archway Early Years Centre, Vorley Rd, London, April to July 2009

- Minimotion, regular weekly movement creative classes for children under 5.

CRISIS centre, 66 London, Jun. 2009

- Creative movement workshops for homeless people, part of a group Community Project based on integrating dance.

Performances

Alongside her teaching Melody has continued dancing and performing.

Her performance experiences include solo and group performance as part of choreography or improvised pieces.

- The Order of the Tall Hats

A costume/music/movement improvisation performance led by Sally Dean
May 2011, Stranger than Fictions, Siobhan Davies dance studio.

- **Solo self choreographed performance** based on a interacting and imaginative story of transformation between a musical instrument (eiufoonium) and the character playing with it.
April 2011, Parckroadpilot, Man's club, 68 Boleyn Rd, London

- **Community piece** base on Aqua musical and Romance scene, choreographed by Sarah Levinsky.

March 2010, TV Dinner Festival, Chisenhale Dance Space, London

- **Physical theatre group Improvisation** as part of the Impronauts artists collective
The Improvisation Project 2010 Bursary, Movingartbase, London
Jul.2009 Avebury Stone Circle - UK.

Intention



"I find in our modern lifestyle, with its reliance on mind and technology, a general lack of mobility. This is causing a disassociation from our bodies and consequently a sense of split and separation within ourselves, people and space around us.

I believe that a first step towards embodiment is to get in touch with the body again.

I like to help people reconnect to the physical body and learn to welcome feelings and sensations with the aim of fully inhabiting their body like a temple.

Movement is a natural human need and as non verbal language it is able to transcend barriers of culture, language and age."

Melody's wish is to make the joy of movement accessible to everyone.

What I offer

Melody's classes are fun and safe, working to develop people's skills not just in dance and creativity but also in group co-operation, listening, trust, focus, confidence, expressivity, sharing, empathy, respect and responsibility.

Due to her years of experience traveling and working in many different settings she offers students a uniquely inclusive approach to dance emphasizing creativity and somatic practice.

She encourages each person to move beyond pre-existing ideas and beliefs and to discover one's natural ability to move. She teaches her students to respect and nurture their instrument of expression and unique characteristics while still challenging their artistic and creative development.

Classes

- **Navel of life** (L'ombelico del mondo)

Workshops for pregnant women in preparation of giving birth.

Explorative movement and body awareness classes, based on experiential anatomy and embodiment somatic practice.

- **Tribe of little and big explorers**

Workshops for young children under 5 and their parents

A playful journey into imagination, senses and creative games to connect with your children in a physical and fun way.

- **Dance of the feminine**

Workshop for women to reconnect with their natural power through the body.

- **Body: Temple of expression**

Workshop for all, to find through the dance and the body a channel of expressing feelings and emotions.